

**Fontana Aquatics Club**

**April 22 - April 28, 2024**

[www.fontanaaquatics.org](http://www.fontanaaquatics.org)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
	<b>April 22</b>	<b>April 23</b>	<b>April 24</b>	<b>April 25</b>	<b>April 26</b>	<b>April 27</b>	<b>April 28</b>
Senior Elite	4:30-4:50pm meeting 5:00-7:00pm swim	5:00-7:00pm swim	SSDL Individually	5:00-7:00pm Swim	4:30-4:50pm dryland 5:00-7:00pm Swim	7-9am swim	
Senior	5:00-7:00pm swim	5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-7:00pm Swim	5:30-7:00am swim 5:00-7:00pm swim		
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-7:00pm swim	5:30-7:00am swim	7-8am swim	
Junior Elite	5:00-5:20pm meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-7:00pm Swim	5:00-7:00pm swim	7-9am swim	
Junior + Advanced	4:00-5:30pm swim	4:00-4:30pm dryland 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm Swim 5:00-5:30pm dryland	4:00-5:30pm swim		
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland		
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		4:00-5:00pm Swim 5:10-5:30pm dryland	8-9am swim	
Pre Team	PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		PT 1 6:30-7:15pm		

	PT 2 7:15-8:00pm		PT 2 7:15-8:00pm		PT 2 7:15-8:00pm		
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 2 5:30-6:00pm JrPC 3 6:30-7:0pm	JrPC 1 5:30-6:00pm		
Jr. Novice	4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm swim JR Novice 1 4:00-4:30pm JR Novice 2	4:00-4:30pm swim JR Novice 1	4:00-4:30pm JR Novice 2		
Sr. Novice		4:30-5:00pm swim	4:30-5:00pm swim	4:30-5:00pm swim			
PT Novice	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim		